

## CLAIMS

I claim:

1. A method for improving communication skills among two or more players using an educational board game, comprising:

5 advancing to at least one colored space by rolling a die;

selecting a card from at least one card deck associated with the at least one colored space;

performing at least one activity listed on each card wherein the at least one activity comprises verbal and non verbal communications which are performed

10 interactively among the players;

allocating a token for successfully performing each activity; and

earning advancement by rolling the die.

2. The method according to claim 1, further comprising advancing to at least one designated space.

15 3. The method according to claim 2, further comprising rolling the die to identify one of the at least one colored spaces.

4. The method according to claim 3, further comprising releasing at least one of the allocated tokens to at least one player situated on the identified color space.

5. The method according to claim 2, further comprising receiving at least one allocated 20 token from at least one player.

6. The method according to according to claim 1, further comprising advancing to a howl space.

7. The method according to claim 6, further comprising making a vocal sound while positioned in the howl space and rolling the die to advance out the howl space.
8. The method according to claim 1, further comprising winning the educational board game by allocating the most tokens.

5 9. The method according to claim 1, wherein the at least one activity comprises exercising a first exercise element.

10. The method according to claim 9, wherein the first exercise element comprises a stress ball.

11. The method according to claim 1, wherein the at least one activity comprises exercising a second exercise element.

12. The method according to claim 11, wherein the second exercise element comprises clay.

13. The method according to claim 1, wherein the verbal and non verbal acts comprise at least one of the senses.

15 14. A method for improving communication skills among two or more players using an educational board game, comprising:

- advancing to at least one colored space by rolling a die;
- associating at least one card deck with the at least one colored space wherein each card deck relates to at least one activity;

20       selecting a card from at least one card deck associated with the at least one colored space;

performing the at least one activity listed on each card within a predetermined time period wherein the at least one activity comprises handling an exercise element to interactively create verbal and non verbal communications among the players;

allocating a token to each player who successfully performs each activity; and

5 earning advancement to another of the at least one colored spaces by rolling the die.

15. The method according to claim 14, further comprising advancing to at least one designated space.

16. The method according to claim 15, further comprising rolling the die to identify one

10 of the at least one colored spaces.

17. The method according to claim 16, further comprising releasing at least one of the allocated tokens to at least one player situated on the identified color space.

18. The method according to claim 15, further comprising receiving at least one allocated token from at least one player.

15 19. The method according to claim 14, wherein the exercise element comprises a stress ball.

20. The method according to claim 14, wherein the exercise element comprises clay.

21. The method according to claim 14, wherein the at least one activity is a breathing exercise.

20 22. A board game which improves communication skills among two or more players, comprising;

a path, the path connecting at least one colored space with a start, a finish, at least one designated space and a howl space;

at least one card deck, the at least one card deck associated with the at least one colored space wherein the at least one card deck contains a plurality of cards, the cards each listing at least one activity, each activity comprising verbal and non verbal communications which are performed interactively among the players; and

5           a plurality of tokens, each token being allocated to each player who successfully performs the at least one activity.

23. The game board according to claim 22, wherein the at least one activity is a stress ball.

24. The game board according to claim 22, wherein the at least one activity is clay.

10   25. The game board according to claim 22, wherein the at least one activity comprises a vocal action in the center designated space.

26. The game board according to claim 22, wherein the at least one activity comprises an exchange of the tokens in the at least one designated space.

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